



City of Salem Parks and Recreation
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City of Salem Youth Soccer League

The purpose of Youth Recreational Athletic Leagues is to provide an enjoyable experience for each youth participant, while developing character, skills, sportsmanship, and promoting good will among all teams and individuals. Although sports are competitive by nature; the City of Salem Parks and Recreation Department's intentions are to place less emphasis on winning, while promoting the building of lifetime physical activity and health for each participant.

Updated: 3/2016

Highlighted rule changes are points of emphasis for this season.

BY-LAWS

The Youth Soccer leagues are governed by the United States Soccer Federation Rules and these rules will apply to the By-laws except as modified herein.

Age Classification:

- Boys Soccer (Spring Season) age cut-off date is April 30 of the current year.
- Girls Soccer and Boys Fall Soccer age cut-off date is September 30 of the current year.

League	Players on Field	Goal Size	Length of Quarters	Field Size	Ball Size
U8 League • 6 & 7's • No score kept • One official on field	4 v 4, no goalie Must have 4 on field	6' x 8'	4 – 4 min. qtrs. & 2 – 8 min. qtrs.	30 x 50 Yards	3
U10 League • 8 & 9 year olds • No score kept • One official on field	5 v 5 w/ goalie Must have 5 on field	6' x 8'	4 – 4 min. qtrs. & 2 – 8 min. qtrs.	30 x 50 Yards	3
U12 League (10-11)	8 v 8, including goalie May start w/ 6	8' x 24'	4 – 8's	50 x 80 Yards	4
U14 League (12-13)	11, including goalie May start w/ 7	8' x 24'	4 – 10's	50 x 100 Yards	5
<u>Only offered in the Fall</u> U16 League (13-15)	11, including goalie May start w/ 7	8' x 24'	4 – 10's	50 x 100 Yards	5

- There will be a two (2) minute rest period between quarters and five (5) minutes between halves.

All Play Rule

- **U8 and U10 Leagues Only:** all players must play a minimum of 50% of playing time. No substitutions during a 4 minute quarter.
- **U12 Leagues and Up:** All players must play for at least one (1) entire quarter during the first half.

Coaches on Field

- U8: One coach will be allowed on field for first five (5) games.

- U10 One coach will be allowed on field for first two (2) games.
- U12-U16: coaches will not be allowed on field.

Substitutions

- U8 and U10 Leagues: No substitutions during a 4 minute quarter.
- U12 Leagues and Up: A coach can only substitute players between quarters, except if a player is hurt on the playing field, unsportsmanlike conduct, or has a medical problem which limits their playing time (official should be notified before the game).

Playing Up

- ✓ Every player must play one (1) year in each age division before they are eligible to move up to the next age division.
- ✓ Once a player chooses to move up in age divisions they must remain in that division and will not be allowed to "play down" for the remainder of that season or any season thereafter.
- ✓ No participant will be allowed to "play down" in any age division unless otherwise approved by the recreation department (i.e. medical condition, etc.).

Player Eligibility

Any player who has been a member of a High School Varsity, Junior Varsity, or Middle School team during the current season shall not participate in the leagues. Current season meaning once youth soccer practices begin.

Overtime Policy – Regular Season

If a regular season game ends in a tie, it will remain a tie.

Overtime Policy – Playoffs

When the score is tied at the end of regulation play, the following procedure will be used to determine a winner:

1. The referee will flip a coin to determine who kicks off and who defends which goal.
2. There shall be one additional sudden-death overtime quarter (U12 – 8 minutes, U14 – 10 minutes). The first team to score a goal will be declared the winner.
3. No substitutions during overtime period.
4. If no team scores in the overtime period, kicks from the penalty mark – best out of 5, will be used. Once a team is mathematically eliminated, the game is over.
5. If teams tie with kicks from the penalty mark, "golden goal" will be used.

General Rules For Play

- Players may not "head" the ball in the U8 and U10 leagues.
- Games will start at the scheduled times. If both teams have all of their players and both coaches agree, games may start earlier. Teams will be given 5 minutes after the scheduled game time to produce the number of players needed to begin a game.
- One complete half will be considered an official game.
- Girls may use a cross arm block to protect their chest. Arms must be in contact with the chest when contact is made with the ball.
- No shoes with metal or plastic cleats will be worn. All purpose shoes must be worn (molded cleats).
- No player is to wear jewelry (rings, watches, earrings, barrettes, etc.) while in the game.
- Shin guards are mandatory in games and practices.
- Coaches must stay in their team's bench area.
- Teams playing in leagues outside the City of Salem will follow the by-laws of that league. (Ex. Teams playing in Roanoke County league will follow their league by-laws for game play).

Equipment

Salem Parks and Recreation will supply the following equipment (other than uniforms):

- Four (4) balls per team

- Pennies
- Mesh ball bags
- First aid kits
- Practice cones

Injuries

If an injury time out is given, the player must leave the game if it is more than one minute and may not return in the same quarter. Coach may attend to an injured player on the field without being summoned by the official. This is not a time to talk to the officials about calls, etc.

Coach/Spectator/Player Ejection

- Any coach, spectator or player ejected from a game will be automatically suspended for the team's next two (2) games and practices during that time.
- Any player or coach ejected from 2 (two) games in one season will be suspended for the remainder of the season.
- During the suspension, which starts immediately after the altercation, the coach, player or spectator must leave the City of Salem property immediately and will not be allowed to be present at the games or the practices until the suspension has expired. If they refuse to leave or attempt to come back before the suspension is over they will be suspended for the remainder of the season. This includes any altercation before or after a game.
- Additional penalties may be added at the discretion of the City of Salem Department of Parks and Recreation.
- Any player ejected, may not be replaced for the remainder of the quarter.
- Parks and Recreation Department reserves the right to alter penalties. All decisions made by the Parks and Recreation Department are final.

Standings

Standings will be based on the following point system:

Win = 3 points Tie = 1 point Loss = 0 points

Factors for League Playoff Seedings

1. If two teams finish with the same number of points, the team with the most number of wins takes the higher seeding position.
2. Which team won the final regular season game played between the two teams that are tied.
3. Coin toss.

Draft Procedure

1. Teams will be drafted per City of Salem Draft Procedure

Coaches Background Screenings

Every coach listed on the roster must completed and pass the City of Salem Volunteer coaching screening. Also, each coach on the sideline must wear and have visible their City of Salem Coaches Badge. Failure to have badge will result in coach not being allowed on the sidelines during the game.

Rained-Out Games Policy

Any weekday that school is cancelled because of bad weather, practices and games will be called off for that night. You may also call the Youth Sports Office Cancellation Line (966-6900) for updated cancellation information.

Game Schedules, League Standings and Rescheduled Games

Game schedules, league standings, rescheduled games and other information will be available by logging onto the City of Salem website, www.salemva.gov, click on "Departments", "Parks and Recreation" and finally "Youth Sports." Coaches will be responsible to for checking the status of postponed games through this website on a daily basis. We will not mail out any reschedules.

